



ARKANSAS®

2019 TRACK CAMP SCHEDULE

Thursday, June 27th:

- 11am-12:30pm: Camp Check-in @ Yocum Hall
Address: 155 North McIlroy Avenue, Fayetteville, AR 72701
- 1pm- 3pm: General Warm-up/ Drills
- 3:30pm-4:30pm: Guest Speaker Jordan Platt, Sports Psychology (Jones Center Auditorium)
- 5pm- 6pm: Dinner at Fulbright Dining Hall
- 6:30pm: Commuter Camper Pick-up
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
- 6:30pm- 8pm: Breakout Sessions by event groups at the track
- 10:30pm: Lights out

Friday, June 28th:

- 7am- 8am: Breakfast at Fulbright Dining Hall
- 8:30 am: Commuter Campers arrive at outdoor track
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
- 8:30 am- 10am: Breakout Sessions by event groups at track
- 10:30am- 11:45am: Med Balls/ Dynamic Flexibility
- 12p- 1pm: Lunch at Fulbright Dining Hall
- 1:30pm- 3:15pm: Breakout Sessions by event groups
- 3:30pm- 4:30pm: Guest Speaker Mat Clark, Strength & Conditioning (Bev Lewis Weight Room)
- 5pm- 6pm: Dinner at Fulbright Dining Hall
- 6:30pm: Commuter Camper Pick-up
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
- 6:30pm- 8pm: Breakout Sessions by event groups at the track (skills & drills)
- 10:30pm: Lights out

Saturday, June 29th:

- 7am- 8am: Breakfast at Yocum Hall Lobby
- 8:30 am: Commuter Campers arrive at outdoor track
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
- 8:30am- 9:30am: Guest Speaker, Amanda Dixon, Athletic Trainer (outdoor track)
- 9:30am- 10:45am: Breakout Sessions by event groups at the track (circuit stations)
- 11am- 12pm: Free time
- 12pm-1pm: Lunch
- 1:30pm- 3:15pm: General Session at track
- 3:30pm- 4:30pm: Guest Speaker, Karla Horsfall, Sports Nutrition (Jones Center Auditorium)
- 5pm- 6pm: Dinner at Fulbright Dining Hall
- 6:30pm: Commuter Camper Pick-up
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
- 6:30pm- 8pm: Breakout Sessions by event groups at the track (skills & drills)
- 10:30pm: Lights out

Sunday, June 30th:

- 7am- 8am: Breakfast at Yocum Hall Lobby
- 8:45am- 11:30am: **Camp Track Meet at Outdoor Track**
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
- 12p- 1pm: Lunch at Fulbright Dining Hall
- 1:15pm- 2pm: Meet with Group Leaders (Evaluation & tips)
- 2pm: Camp Ends- Parent Pick-up
Address: John McDonnell Field, 10 S. Razorback Road, Fayetteville AR, 72701
- 2pm-2:45pm: Check-out at Yocum Hall for overnight campers
Address: 155 North McIlroy Avenue, Fayetteville, AR 72701